

How to Succeed at Pre-Ranger and Ranger School

The Pre-Ranger Course consists of 14 days of training. The first week is designed to mirror the first week of Ranger School's (Benning) phase. The second week is designed to Coach, Teach, and Mentor students during the patrol phase of the course. The purpose of the Pre-Ranger Course (PRC) is to prepare Soldiers to succeed at the US Army Ranger School. Pre-Ranger accomplishes this by assessing the Soldiers' physical and mental capabilities, training the Soldiers on Troop Leading Procedures, Combat Orders and Reconnaissance/Combat patrols to the same standards conducted at the US Army Ranger School. Pre-Ranger is designed to verify that all medical/dental and administrative paperwork is complete for Ranger School attendance, and fix any deficiencies that the Soldier may have.

Course Standards

Students are required to pass the minimum Ranger Physical Fitness Test of 49 push-ups, 59 sit-ups, 5 mile (release) run in 40:00 minutes or less, and 6 chin-ups. If the student fails to pass the first RPFT he will be given the opportunity to re-test at the end of the first week of training. In addition to the RPFT, students will be evaluated on the Combat Water Survival Assessment which consists of equipment removal in the water followed by a 15 meter swim wearing ACU's and boots. Students also conduct a 3 meter blind drop wearing ACU's, boots, weapon, and LCE. We are assessing to ensure the student does not show excess fear or panic in the water. Students are also required to pass a Land Navigation assessment that consists of three tests. Each test day students are given four hours to find a maximum of five points; test conditions are 1.5 hours of limited visibility and 2.5 hours of good visibility. Over the three test days students must find 11 of 15 total points. All students must complete a two mile buddy run wearing ACU's, boots, LCE, and weapon in 20 minutes or less. In addition to these events students are given classes and assessed on Ranger Stakes, Obstacle Course, Patrols, and Peer Evaluations.

Training Goals

When you arrive at Ft. Benning you want to be able to complete 60 push-ups, 70 sit-ups, 10 chin-ups, and be able to run 5 miles over rolling terrain in 37 minutes. Push-ups need to be completed with perfect form as published in FM 21-20. Chin-ups are completed with palms facing toward you and you must hang free between each repetition. You also need to be able to walk 12 miles in 3 hours with a 60 pound rucksack. These events are the primary focus when you are preparing for Ranger School.

Training Program

This eight-week program should be started nine weeks prior to day one of Pre-Ranger Course to allow a full week of recovery. During that week of recovery, physical training should be focused on simply maintaining your current level of fitness and recovery, so keep those workouts relatively light and impact-free. The following course can be adjusted to fit your physical fitness level; if needed complete weeks two and three until you are ready to move on, or start at week three and complete weeks seven and eight twice. If you find out you are attending three weeks out; skip ahead to week six.

Week 1

Day 1: (Hard)
Conduct a diagnostic Ranger school RPFT. Perform 2 minutes of push-ups, 2 minutes of sit-ups, a 5 mile run, and as many pull-ups as you can do successively. Allow 10 minutes of rest between events.
Perform a 3-mile road march with rucksack filled to 1/4 of your body weight in 45 minutes on a road or 1 hour cross-country.
Day 2: (Easy)
Ride a stationary bike for 20 minutes at 70% of your heart rate.
Side straddle hop or jump rope for 10 minutes non-stop.
Day 3: (Hard)
Perform 3 x 30 second sets of push-ups non-stop. Go to your knees if you have to, but don't stop.
Run 3 miles at a moderate 8-9 minute pace.
Perform 3 sets of chin-ups (as many as you can do.)
Perform a 4-mile road march with rucksack filled to 1/4 of your body weight in 1 hour on a road or 1 hour 20 minutes cross-country.
Day 4: (Easy)
Ride a stationary bike for 20 minutes at 70% of your heart rate.
Run 10 sets of 40 yard sprints with a 30 second rest between intervals
Day 5: (Hard)
Road march 5-miles with rucksack filled to 1/4 of your body weight in 1 hour 15 minutes on a road or 1 hour 40 minutes cross-country.
Day 6: (Easy)
Perform 3 x 30 second sets of push-ups non-stop. Go to your knees if you have to, but don't stop.
Perform 3 sets of chin-ups (as many as you can do.)
Day 7: (Rest)

Week 2

Day 1: (Hard)
Perform 3 x 30 second sets of push-ups non stop.

Run 2 miles at a 7-8 minute pace Perform 3 sets of chin-ups (as many as you can do.)
Day 2: (Easy)
a) Ride a stationary bike for 20 minutes at 70% of your heart rate.
Day 3: (Hard)
Perform 3 x 35 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees while performing the push-ups if you have to, but don't stop. Make a continual effort to sit-up while performing the sit-ups if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Run 5 miles at a moderate 8-9 minute pace.
Day 4: (Easy)
Ride a stationary bike for 20 minutes at 70% of your heart rate
Day 5: (Hard)
Perform a 6-mile road march with rucksack filled to 1/4 of your body weight in 1.5 hours on a road or 2 hours cross-country.
Day 6: (Easy)
Perform 3 x 35 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees while performing the push-ups if you have to, but don't stop. Make a continual effort to sit-up while performing the sit-ups if you have to, but don't stop. Hang free from the bar, and if you fall off immediately get back on.
Ride a stationary bike for 20 minutes at 80% of your heart rate.
Day 7: (Rest)

WEEK 3

Day 1: (Hard)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees while performing the push-ups if you have to, but don't stop. Make a continual effort to sit up while conducting the sit-ups if you have to, but don't stop. Hang free from the bar, and if you fall off immediately get back on.
Run 4 miles at a fast to moderate 7-8 minute pace.
Conduct 4 x 20 repetitions of squats with rucksack (1/4 body weight). Go down only to the point where the upper and lower leg form a 90-degree bend at knee.
Day 2: (Easy)
Ride a stationary bike for 20 minutes at 80% of your heart rate.
Side straddle hop or jump rope for 5 minutes non-stop.
Day 3: (Hard)
Perform a 6-mile road march with rucksack filled to 1/4 of your body weight or 45 lbs, whichever is greater in 1.5 hours on a road or 2 hours if moving cross-country.
Day 4: (Easy)
Ride stationary bike for 10 minutes at 70% of your heart rate. Jump rope for 3 minutes Ride stationary bike for 10 minutes at 70% of your heart rate
Day 5: (Hard)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go

to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off immediately get back on.
Run 4 miles at a fast to moderate 7-8 minute pace.
Day 6: (Easy)
Ride a stationary bike for 20 minutes at 80% of your heart rate.
Side straddle hop or jump rope for 5 minutes non-stop.
Day 7: (Rest)

Week 4

Day 1: (Hard)
Perform an 8-mile road march with rucksack filled to 1/4 of your body weight or 45 lbs, whichever is greater in 2 hours on a road or 2 hours 40 minutes cross-country.
Day 2: (Easy)
Perform 3 sets of dips. Continue each set to muscle failure.
Perform 3 x 30 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Again, make a continual effort to sit-up if you have to but don't stop. Hang free from the bar; if you fall off immediately get back on.
Day 3: (Hard)
Run 4 miles at a fast to moderate 7-8 minute pace.
Perform 3 x 8-12 repetitions of leg presses, heel raises, and leg curls.
Day 4: (Easy)
Perform 3 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Ride a stationary bike for 25 minutes at 80% of your heart rate.
Day 5: (Hard)
Run 5 miles at a fast to moderate 7-8 minute pace.
Day 6: (Easy)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Jump rope for 15 minutes non-stop.
Day 7: (Rest)

Week 5

Day 1: (Hard)
Run 3 miles at a fast 6-7 minute pace.
Conduct 3 x 8-12 repetitions of leg presses, heel raises, leg extensions, and leg curls.
Day 2: (Easy)

Side straddle hop or jump rope for 10 minutes non-stop.
Day 3: (Hard)
Conduct a diagnostic Ranger school PT: 2 minutes of push-ups, 2 minutes of sit-ups, a 5 mile run, and pull-ups in succession. Allow 10 minutes of rest between events.
Day 4: (Easy)
Perform 4 sets of dips. Continue each set to muscle failure.
Day 5: (Hard)
Perform a 10-mile road march with rucksack filled to 1/3 of your body weight or 50 lbs, whichever is greater in 3 hours on a road or 4 hours cross-country.
Day 6: (Easy)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Side straddle hop or jump rope for 12 minutes non-stop.
Day 7: (Rest)

Week 6

Day 1: (Hard)
Run 5 miles at a moderate 8 minute pace.
Conduct 3 x 8-12 repetitions of leg presses, heel raises, leg extensions, and leg curls.
Day 2: (Easy)
Side straddle hop or jump rope for 10 minutes non-stop.
Day 3: (Hard)
Run 6 miles at a fast to moderate 7-8 minute pace.
Day 4: (Easy)
Perform 4 sets of dips. Continue each set to muscle failure.
Perform 4 sets of diamond push-ups. Continue each set to muscle failure.
Day 5: (Hard)
Road march 10-miles with rucksack filled to 1/3 of your body weight or 50 lbs, whichever is greater, in 3 hours on a road or 4 hours cross-country.
Day 6: (Easy)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Day 7: (Rest)

Week 7

Day 1: (Hard)
Run 5 miles at a moderate 8 minute pace
Conduct 3 x 8-12 repetitions of leg presses, heel raises, leg extensions, and leg curls.

Day 2: (Easy)
Side straddle hop or jump rope for 10 minutes non-stop.
Day 3: (Hard)
Run 6 miles at a fast to moderate 7-8 minute pace.
Day 4: (Easy)
Perform 4 sets of dips. Continue each set to muscle failure.
Perform 4 sets of diamond push-ups. Continue each set to muscle failure.
Day 5: (Hard)
Road march 10-miles with rucksack filled to 1/3 of your body weight or 60 lbs, whichever is greater, in 3 hours on a road or 4 hours cross-country.
Day 6: (Easy)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Day 7: (Rest)

Week 8

Day 1: (Hard)
Run 4 miles at a fast 6-7 minute pace.
Conduct 3 x 8-12 repetitions of leg presses, heel raises, leg extensions, and leg curls.
Conduct 3 x 20 repetitions of squats with rucksack (1/3 body weight). Go down only to the point where the upper and lower leg form a 90-degree bend at knee.
Day 2: (Easy)
Side straddle hop or jump rope for 12 minutes non-stop.
Day 3: (Hard)
Run 6 miles at a moderate 8-9 minute pace.
Day 4: (Easy)
Perform 4 sets of dips. Continue each set to muscle failure.
Perform 4 sets of diamond push-ups. Continue each set to muscle failure.
Day 5: (Hard)
Road march 12-miles with rucksack filled to 1/3 of your body weight or 60 lbs, whichever is greater, in 3 hours on a road or 4 hours cross-country.
Day 6: (Easy)
Perform 4 x 40 second sets each of push-ups, sit-ups and chin-ups non-stop. Go to your knees on the push-ups if you have to, but don't stop. Make a continual effort to sit-up if you have to, but don't stop. Hang free from the bar, and if you fall off, immediately get back on.
Day 7: (Rest)

Prior to each workout, 5-7 minutes should be devoted to warming up, followed by stretching exercises.

Maintain a well-balanced diet and increase your water intake while training. You must stay hydrated; drink water even if you are not thirsty. On easy days you should consume at least 4 quarts and on hard days you should consume at least 8 quarts.

For ruck marches, select boots that are comfortable and well-broken-in (not worn out). Train in the uniform you will attend Ranger School in.

Wear ACU's and issue OD or black wool boot socks.

Quality running shoes help avoid injury while training (running shoes should not be broken down or worn through).

Do not let bad weather interrupt your conditioning. If you can't do a ruck march, substitute ruck squats, running stairs - with and without a ruck, weight lifting.

Proper Ruck March Techniques

Body weight must be kept directly over the feet, and sole of shoe must be placed flat on the ground by taking small steps at a steady pace.

Knees must be locked on every step in order to rest the leg muscles, especially when going up hill.

When walking cross country, step over or around obstacles; never step on them.

When traveling up steep slopes, climb in a zig zag pattern rather than straight up.

When descending steep slopes, keep the back straight and knees bent to take the shock off of each step. Do not lock your knees. Dig in your heels on each step.

Practice walking as fast as you can with a rucksack. Do not run with your rucksack. Even though you may need to trot during the course, try not to, as it may injure you.

A good rucksack pace is accomplished by continuous movement for four miles, followed by a 10 minute break, every hour. Faster paces or shorter rests may be used as your conditioning improves.

If you cannot rucksack march then do squats with your rucksack (100 repetitions, 5 times or until muscle failure). To avoid knee injury, squat only to the point where then in a 90-degree bend at the knee.

Summary

This course guide is an outline of what you need to be able to accomplish when you arrive at Ft. Benning. Plan ahead and stick with the workout program; being in top physical condition is one of the best things you can do to prepare yourself for Ranger School.

Do an honest self-assessment to see if you are mentally ready for the rigors of Ranger School. Have you just come home from a long deployment overseas? How long has it been since you spent time with your wife and children? Do you have your financial and legal affairs in order? Are you a Reserve component soldier who has a job other than in the military? What's going to happen to that job when you're offered a recycle in the Florida phase of Ranger school?

If you want to succeed at Ranger school make your mind up to succeed before you get there. Make sure you have your personal affairs in order. But most importantly, prepare yourself mentally before hand and DON'T QUIT.

References

The most updated packing list information can be found at the 4th Ranger Training Brigade Web-site: <https://www.benning.army.mil/rtb/rtbmain.asp>

Pre-Ranger dates and information can be found at:
<https://www.benning.army.mil/wtc/wtc/a/pr/index.htm>

Further questions about Pre-Ranger can be directed to:

Alpha Company Operations:

SSG Scott Redovian at 706-575-4930

Alpha Company 1SG:

1SG Robert Balderston at 706-604-6331

Alpha Company Commander:

1LT Randall Stanford at 706-604-6300